

NewsWIC

Fond du Lac County Health Department

Summer 2011

Top 5 Reasons to Use Your WIC Farmer's Market Checks

Spend Time With Family: Going to the farmers' market can be a fun experience to share with the whole family. Children can be involved with picking out food; a great way to get them interested in fruits and vegetables.

Support Family Farmers: A large portion of small family farms aren't able to compete with the large commercial grocery stores. Supporting local farmers means that profits are staying in your community.

Better Taste: Produce at the farmer's market is often picked that morning. It's about as fresh as you can get. Take advantage of the vibrant colors, delicious smell, and great texture of the produce.

Sneak In Some Exercise: The farmer's market is a perfect way to sneak some walking into your day, and get some fresh summer air. Walk to the market, or park your car a little further away and carry those groceries some extra steps!

Be Kind to the Earth: Take a look at the label/sticker on your produce next time you are at the store. Where is it from? California? Chile? Now think of how much gas it took to get those here. Locally grown fruits and vegetables use less gas for transportation and use methods that are less harmful to the earth.



What Can I Buy When?

June	July/ August	September/ October
Strawberries Asparagus Green Beans* Green Onion Lettuce* Peas Radishes* Spinach* Swiss Chard Mushrooms Snow Peas Garlic*	Apples* Berries Beets Broccoli* Cabbage Cauliflower* Carrots Garlic Green Beans Green Onions Green Peppers* Lettuce Peas Spinach Sweet Corn Tomatoes*	Apples Melons Broccoli Brussel Sprouts Carrots Cauliflower Garlic Green Peppers Hot Peppers Potatoes Pumpkin Squash Tomatoes Zucchini

* Find produce later in the month or the next month

Farmer's Markets in Downtown FDL

Saturdays, May -October, 7am-12pm
City/County Parking Lot at Western and Linden St

Wednesdays, June -October, 2pm-6pm
Hamilton Park Lot on corner of Division & Sophia St. (across from St. Paul's Cathedral)



Storing Fruits and Vegetables

Through proper storage of fruits and vegetables you can make only one stop at the Farmers' Market and still have fresh produce throughout the summer/fall months.

- Most fruits and vegetables can be stored in the refrigerator with the exception to a few vegetables (all potatoes, tomatoes, garlic, onion, eggplant) which can only be stored at room temperature and not in a bag. Many fruits and vegetables are ok to be stored in their bags. *Tip: Potatoes, onions and garlic keep for a long time.*
- Some fruits can be ripened on the counter out of direct sunlight and then moved to store in the refrigerator. This includes plums and pears. During hot weather remember fruits will ripen quickly.
- Certain foods can affect the flavor of other foods if stored next to each other. For example, carrots shouldn't be stored next to apples because the carrots will turn bitter. Also, potatoes shouldn't be stored with onions due to more rapid spoilage.

Freezing Tips

If you have access to a freezer you can make some farmers' market produce last into the winter.

- Use very fresh produce, and freeze it as soon as you can for the best results.
- Wash and dry all produce, remove any pits and cut into pieces if desired.
- Use containers or freezer bags -- and remember to leave some room for expansion.
- Label bag/container with a date.
- When ready to use, defrost produce in the refrigerator.
- Produce that freezes well: raw green peppers (seeds removed & cut up), raw berries, cooked corn/carrots/beets/squash.



Fond du Lac County Shot Clinic

June

13 (Mon.) 2:00-5:00, City-County Bldg.
27 (Mon.) 4:00-6:00, City-County Bldg.

July

11 (Mon.) 2:00-5:00, City-County Bldg.
14 (Thurs.) 4:00-6:00, Waupun Hospital
18 (Mon.) 4:00-6:00, Mt. Calvary Holy
Cross Church
25 (Mon.) 4:00-6:00, City-County Bldg.
27 (Wed.) 4:00-6:00, Ripon High School

August

8 (Mon.) 2:00-5:00, City-County Bldg.
22 (Mon.) 4:00-6:00, City-County Bldg.

September

8 (Thurs.) 4:00-6:00, Waupun Hospital
12 (Mon.) 2:00-5:00, City-County Bldg.
19 (Mon.) 4:00-6:00, Mt. Calvary Holy
Cross Church
26 (Mon.) 4:00-6:00, City-County Bldg.
28 (Wed.) 4:00-6:00, Ripon High School



Breastfeeding Corner:

Why do breastfed babies need Vitamin D?

Vitamin D is needed to help develop strong bones. Breast milk is the best food for your baby but does not contain Vitamin D. Vitamin D is often called the "sunshine vitamin" because it is made by sunshine on bare skin. Your breastfed baby needs Vitamin D to go with your breast milk. Over the years, our lifestyles have changed and we aren't in the sunlight as much as we once were because of concerns over skin cancer, religious and cultural customs, air pollution and use of sunscreen. Please consult your doctor about starting a vitamin supplement.